

LESSON PLAN

THEATER ACTIVITIES for Voice - Movement - Imagination

LESSON PLAN: Sing #1 (If You're Happy and You Know It)

AGES: 3-7

OF PARTICIPANTS: 1-10

DESCRIPTION: Learning to sing develops confidence. Encourage big breath for louder volume.

INSTRUCTIONS FOR VOICE (Sing):

STEP 1:

Sing the song alone or in a group: "If You're Happy and You Know It".

*If you're happy and you know it **clap your hands** (clap clap)*

*If you're happy and you know it **clap your hands** (clap clap)*

If you're happy and you know it then you're life will surely show it

*If you're happy and you know it **clap your hands** (clap clap)*

STEP 2:

Substitute the following phrases to replace "**clap your hands**" or make up your own:

- **Stomp your feet**
- **Take a bow**
- **Wiggle your nose**
- **Make a face**
- **Jump around**

STEP 3:

Repeat the song as many times as like with as many variations as you like.

LESSON PLAN

LESSON PLAN: Dance #1 (Follow The Leader)

AGES: 3-7

OF PARTICIPANTS: 2-10

DESCRIPTION: Movement imitation connects the mind and body and builds confidence.

INSTRUCTIONS FOR MOVEMENT (Dance):

STEP 1:

Choose one person in the group to be the Leader.

STEP 2:

Line up behind the new Leader.

STEP 3:

The new Leader will walk around the room or yard and choose one of the following activities to act out for at least five seconds at a time and then choose another activity and so on and so on:

- Hop
- Skip
- Jump
- Tip Toe
- Fly
- Swim
- Ride a horse
- Act like a robot
- March like a soldier

STEP 4:

The rest of the group will watch the Leader and then imitate their movement which each new action.

STEP 5:

Repeat this activity as many times as you like. Create your own list of actions to imitate to change it up a bit.

LESSON PLAN

LESSON PLAN: Act #1 (Sleeping Animals)

AGES: 3-7

OF PARTICIPANTS: 2-10

DESCRIPTION: This activity encourages participants to use their imaginations and mimic what they know about animals.

INSTRUCTIONS FOR IMAGINATION (ACT):

STEP 1:

Choose one person in the group to be the Leader.

STEP 2:

The Leader instructs everyone to lie down on the floor and pretend they are asleep.

STEP 3:

The Leader then announces “Good Morning, **Sheep**” and the animals (participants) wake up and pretend to be that animal for 60 seconds.

STEP 4:

After a minute of waking sheep, the Leader then announces “Good Night, **Sheep**” and the animals (participants) go to sleep.

STEP 5:

Repeat the imagination exercise many times as you like by choosing different animals:

- **Pigs**
- **Frogs**
- **Cats**
- **Dogs**
- **Horse**

*This can be done turning the lights on and off too!